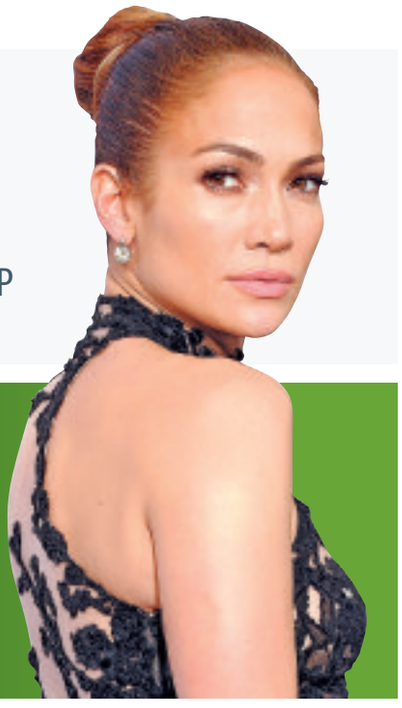
"Help us send a kid to camp"
SEE US IN THE CAMP FEATURE PAGE 16
THRIFT STORE

Gender bender

Expectant moms and dads have found a new way to share the news: The gender-reveal party PAGE 9

CASPER'S GOT THE MOVES

LOPEZ'S NEW BEAU GETS PROMOTED FROM BACKUP DANCER TO CHOREOGRAPHER PAGE 8



REGINA
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Monday, May 7, 2012
News worth sharing.
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HISTORY OF 'HOOD ON SHOP WALLS

Barber Don Simpson has been trimming buzzcuts like Brandon's at his shop on 11th Avenue and Ottawa Street for 43 years. He opened his shop on April 1, 1969. "I guess that makes me the April Fool," said Simpson. Simpson says his walls — an overflowing mass of old baby photos, newspaper clippings and even a few shots of ladies in bikinis — is like the neighbourhood. "I like being in this area," he says. "It's got character." CARRIE-MAY SIGGINS/METRO

Power shift in France

Francois Hollande is the nation's new president, ousting Nicolas Sarkozy PAGE 4

From Beastie to filmmaker

Remembering Beastie Boy Adam Yauch, who died of cancer on Friday PAGE 7

Kings rule in the rink

L.A. moving on in NHL playoffs as sweep has St. Louis singing the blues PAGE 18

New film tax plan will fail, industry says

Concerns. Province announced new plan days after a draft report strongly advised against a non-refundable tax credit

CARRIE-MAY SIGGINS
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Members of the Saskatchewan film industry are raising concerns over a revised provincial tax-credit plan, with some saying it just won't work.

On Friday, Tourism, Parks, Culture and Sport Minister Bill Hutchinson announced that the ministry would offer a 25 per cent, non-refundable tax credit on all production expenses, including labour costs.

The plan also includes bonuses for homegrown copyright creation and would see the Canadian-Saskatchewan Production studio reconfigured to become a hub for a number of different creative industries, including digital production.

Leaslea Mair is a documentary film producer and CEO of Regina's Zoot films. "A non-refundable tax credit simply won't work," she says.

"Most television and film companies ... don't operate with a great big profit at the end of the year. So there really isn't a huge tax bill."

Brett Carson Bell, a Regina filmmaker and instructor at the U of R, says that the industry relies on interim financing, a guarantee of funds by agencies like SaskFilm. A producer can then take that guarantee to the bank for a line of credit. It's how producers fund the high costs of filming but, says Bell, that will not be possible if this plan goes through.

"You basically get it back in terms of paying less corporate income tax," says Bell, "which you can't take to the bank."

Quoted

"This new plan is based upon a non-refundable tax-credit program, which has not been successful in other jurisdictions."

Ron Goetz, president of SMPIA

Ron Goetz, president of the Saskatchewan Media Production Industry Association (SMPIA), said that though they are waiting for more information on the plan, what they know so far is cause for concern.

"In researching alternative models," an SMPIA document that was presented to the government states, "the committee looked at non-refundable, transferable tax credits and how they were structured. The advice of Canadian experts was that these models would not work in Saskatchewan."

1 NEWS

On the web

Tour the Family Guy's town

Quahog, R.I., the fictional hometown of Peter Griffin and his dysfunctional Family Guy relatives, is coming to life. A local tourism council is sponsoring an all-day tour highlighting the Rhode Island institutions made popular by the hit series including, of course, a stop at The Drunken Clam. Go to metronews.ca for more.

Reverse psychology behind the wheel

With more than one million traffic accidents worldwide caused by texting and driving, campaigns against it have been popping up around the globe. A Belgium driving school has figured out one way to stop youth from texting and driving: Tell them they have to do it. Watch the experiment at metronews.ca.

Mobile news

Test-tube babies have higher rates of birth defects, and doctors have long wondered: Is it because of certain fertility treatments or infertility itself? A large new study from Australia suggests both may play a role. Scan for the story.

Roughriders

Revised plan calls for open-air stadium

The City of Regina's revised proposal for a new $278-million stadium will depend on big cash handouts from the provincial and federal governments.

The city's executive committee says the open-air stadium that would be home to the Saskatchewan Roughriders would seat 33,000 fans.

The proposed funding model calls for the city to kick in $60.6 million and Ottawa $8.8 million.

Saskatchewan taxpayers would be asked to carry most of the financial ball — $208.8 million.

Neither the province, which is forecasting a modest budget surplus, nor Ottawa, which is slashing billions in government spending, have committed any cash.

Federal Agriculture Minister Gerry Ritz, the minister responsible for Saskatchewan, said in an email no money will be forthcoming.

"Canadians gave us a mandate to get back to balanced budgets and continue to focus on jobs and the economy," Ritz said.

"Our most recent election platform stated that we will not fund professional sports facilities. We will continue to apply this policy uniformly across the country."

If the stadium is approved, construction would begin next year and be completed in 2016.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 6

Board game creator says they are antidote to corporate entertainment

Playing around. Upcoming gallery will feature 10 of game creator's projects

CARRIE-MAY SIGGINS
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Allan Dotson, right, plays one of his tabletop games with gallery owner and artist Rob Bos. CARRIE-MAY SIGGINS/METRO

Local game creator Allan Dotson has been designing board, card and storytelling games for over 15 years. The culmination of his work can be seen at Rob Bos ART Projects gallery at the end of this week.

The exhibit features 10 of Dotson's games (including his elaborate extensions of the pre-existing game Talisman), which exhibit-goers can have a go at and play for themselves.

For Dotson, unplugged gaming, or hobby gaming as it's known, is an antidote to corporate entertainment.

Dotson began "getting serious" about making his own games in 2000, when he began creating a role-playing game for teenagers called Sweet Dreams. He spent years researching, writing, illustrating and test playing it with others before he launched it at one of the biggest comics conventions in the U.S. It's now selling in a number of independent gaming stores across the continent.

He's made a number of games since, including one for young children called The Big Night, where kids and their animal friends help Santa deliver presents on Christmas Eve.

Dotson says that interactive games help develop skills in young people that can't be found in a TV screen and controller.

"You're playing them face-to-face with other people," says Dotson. "So they're really about relationships and interacting directly with the other people that you're playing with. It's about taking turns and trying to solve problems together."

Dotson also points out that, however sophisticated a video game, it will always be limited by a prescribed list of choices. "Storytelling games, where you're with another person or group of people, you can make happen anything the group of you can imagine. It's really open-ended and creative that way."

His exhibit, where visitors can also buy the games on display, even has a game for three-year-olds called Adventure Path.

"There are no words and numbers," says Dotson, "but players must co-operate together to solve problems. Young kids really seem to be enjoying it."

The exhibit runs from Wednesday to Friday, 7 to 9 p.m.

Growing market

Despite the prevalence of video games in the North American entertainment industry, the non-electronic games industry, which includes old-school role-playing games like Dungeons & Dragons and the newer blockbuster board game Settlers of Catan, is growing. According to industry monitor ICv2.com, sales grew in 2010 and continued doing so into the first quarter of 2011.

I make terrible movies fun: Comedian

I distinctly recall the anguish and disappointment after the first time I watched Open Water. Two hours of my life gone. Imagining why someone would intentionally choose to watch horrendous movies is perplexing. Nonetheless, this is the exact premise of improviser/comedian Jayden Pfeifer's new show, Talkies.

Talkies is the monthly movie commentary show hosted by Pfeifer at Creative City Centre on the first Monday of the month. The show consists of Pfeifer and pals watching an awful movie (previously unseen by them), pulling it apart, and making fun of it while it's being played.

"I'm a big movie person. I'm no movie expert, but I like watching movies and dissecting them. I also love hating them. It's fun, and everyone loves doing it," said Pfeifer.

Other shows on Pfeifer's resumé, while still highly improvised, have a more rigid structure and involve a much more planning that Talkies, but this was a conscious decision by the host who wanted to do a comedy show with a more casual feel.

"In the case of this show, I wanted it to be like you're sitting around with your friends making fun of a bad movie. The format is very casual. We sit at the front with a couple of chairs and microphones, and we talk to the audience when we deem appropriate.... I'm more comfortable (improvising) than working off of a script," said Pfeifer.

Monday's show is the third instalment of Talkies, and so far the shows have been going well for Pfeifer.

Jayden Pfeifer CONTRIBUTED

"They're really fun. They're exactly what I want them to be. We put on a terrible movie, sit with microphones, and talk through everything we've seen. We make up our own dialogue, make jokes about the script or plot, and sometimes it's just us going, 'I can't believe that just happened.... What joke am I going to make? I can't make this any funnier than what it is.'"

PAUL BOGDAN/FOR METRO

Strip show. Naked If I Want protest a real 'drag'

Despite a lower turnout than expected, organizers of Naked If I Want say the event was a success.

The strip show, protesting a provincial law that prohibits serving liquor in conjunction with nude entertainment in licensed premises, raised over $850 for the 2012 Saskatoon Consent Fest and Slut Walk.

"It went quite well," said event organizer Devin Ens. "Everyone was shaking our hands and telling us they had a good time."

Approximately 60 people showed up for the event, which featured 16 local burlesque, drag and exotic performers.

"It was great, but I definitely wanted to have a beer," said attendee Carolyn Gundry-Siemens while laughing.

The show protesting the alcohol ban in strip clubs included a burlesque-style chair dance. JANE CAULFIELD/METRO

Organizers say that it is likely similar events will be happening in the future.

JANE CAULFIELD/METRO

Concealment of Identity Act. Conservatives take aim at disguised rioters

Conservative MPs are hoping to unmask rioters with a bill that will make wearing a disguise at a riot or "unlawful protest" a criminal offence punishable by up to five years in jail.

Attorney General Rob Nicholson announced Sunday the government is supporting a private member's bill brought forward by Alberta MP Blake Richards, called the Concealment of Identity Act.

"Canada's justice system must not put the rights of criminals ahead of the rights of law-abiding citizens," said Richards. "The Concealment of Identity Act would give police the tools they need to identify offenders who cause damage to this country's neighbourhoods."

Taking part in a riot is currently an offence with a maximum jail sentence of two years.

Wearing "a mask or other disguise" will increase that maximum sentence to five years, if the bill is passed.

The bill also applies to unlawful assemblies, which are defined as gatherings that don't turn into riots, but do cause people to fear. In that case, masked participants could face six months in jail. JESSICA SMITH/METRO

Homicide. Man's body found in the stable area of Churchill Downs

The discovery of a man's body Sunday in the stable area of Churchill Downs was being investigated as a homicide, but there appears to be no connection to the race track or the Kentucky Derby, police said.

"At this point we don't have anything pointing to the fact that this had any association with Churchill Downs or the Derby itself," said Alicia Smiley, spokeswoman for Louisville Metro Police.

"We are still investigating at the stables and at the barn." She said they are trying to determine the man's identity and how it happened.

Smiley said the death is being investigated as a homicide.

"He did sustain injuries that lead us to believe he was involved in some type of altercation," Smiley said.

"Our investigation is ongoing as to why he would have specifically been at this location."

Churchill Downs security called police at 4:50 a.m. local time, Smiley said.

The body was found at the back of a barn occupied by Louisville trainer Angel Montano Sr.

Montano did not have a horse running Saturday either in the undercard or the Derby, which saw a record attendance of more than 165,000. A telephone call, text and Twitter message left for Montano were not immediately returned.

About 200 people live at Churchill Downs — either in dormitories on the edge of the property or in small apartments above the barns. THE ASSOCIATED PRESS

Famed Louisville track

The body was found at the back of a barn occupied by Louisville trainer Angel Montano Sr. He did not have a horse running Saturday.

- **Montano's barn is just four away — about 150 yards — from where this year's Derby winner, Canadian-owned I'll Have Another, is kept.**
- **About a week after last year's Kentucky Derby, jockey Michael Baze's body was found in a vehicle near the stables. His death was ruled an accidental drug overdose.**

Kamloops, B.C.

50 treated for carbon monoxide poisoning at hockey game

About 50 people have been treated for carbon monoxide poisoning following a hockey game at a private arena in B.C.'s Interior.

The incident happened Saturday during a game between members of the Canadian Coast Guard and Department of Fisheries and Oceans in Kamloops.

Only three patients remained in hospital into the morning on Sunday, while the rest were treated and released.

A boiler was the cause of the problem.

It has now been turned off and is being repaired. THE CANADIAN PRESS

Mental Health Awareness Week kicks off today

Arthur Gallant. Hopes to use his experience to inspire others during online chat on Wednesday at facebook.com/cmha.ontario

DAVE BAXTER
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Arthur Gallant, who suffers from clinical anxiety and depression, says he talks about his mental illness in an effort to open people's minds. METRO

Arthur Gallant says his entire life has been shaped by mental illness.

"I have not really known a life without depression," said Gallant, 22, from Burlington, Ont., who suffers from clinical anxiety and depression. "It's a part of who I am."

With Mental Health Awareness Week kicking off today, Gallant has chosen to use his experiences to help inspire others who may be suffering with similar problems, but don't feel comfortable coming forward.

Gallant, who advocates for the rights of children and youth to receive mental-health services, said he wants people to know that just because mental illness is not a visible ailment does not mean that it is not a real disease.

"Nobody can see the pain on the inside. I wish people who doubt me would walk a day in my shoes."

Though he believes society's attitudes toward those with mental illness started to improve in the early part of the last decade, technology has now stalled those improvements.

"Social media has made it worse," he said. "I started taking to social media to share my state of mind and I lost friends. They thought I was a psycho when really it was a cry for help."

However, he's not giving up. Gallant credits a strong support system in helping him battle his disease and is hoping to provide that support to others while fighting stigma through a live online video chat Wednesday on the Canadian Mental Health Awareness Ontario Facebook page.

Gallant expects as many as 20,000 will join in.

"I want to use my story to create a better world."

On the web

For more coverage on Mental Health Awareness Week go to metronews.ca or mentalhealthweek.ca.

- Watch a mini-documentary on Arthur Gallant and his battle with depression; national CEO of the Canadian Mental Health Association, Peter Coleridge, dispels myths.
- **Canada is about to get its first-ever national mental health strategy.**

Rainbow flag carried for Halifax activist beaten to death

Daniel MacKay carries a rainbow flag with messages for Raymond Taavel at a parade prior to a public memorial service for Taavel at St. Matthew's United Church in Halifax on Sunday. About 200 people gathered to attend the memorial service for the 49-year-old Taavel, a prominent gay activist who was beaten to death outside a Halifax bar last month.

RYAN TAPLIN/THE CANADIAN PRESS

Quebec tuition war nears end

Quebec Premier Jean Charest is blaming the province's striking students for a months-long stalemate that only now appears to be on the verge of a resolution.

A potential deal, struck Saturday after a marathon bargaining session, is being hailed by student leaders as "the beginning of the end" of a conflict that has grown increasingly contentious.

Close to one-third of Quebec's university students have been on strike for 81 days, protesting what was initially a 75-per cent hike in their tuition fees.

But the abruptness with which the deal was reached has led to questions about why the government waited as long as it did to sit down with the students.

Charest defended his government's handling of the strike on Sunday, saying its openness toward the students wasn't always reciprocal.

After students sat down with government representatives they emerged with an offer that would see proposed tuition hikes of $1,778 over seven years compensated with cuts to other fees.

The breakthrough came after students had turned down several offers.

In the short term, students will receive a $127 discount in their ancillary university fees for the fall term.

They will then have the chance to demonstrate that significant savings can be found in the administrative budgets of Quebec's universities. These savings will be used to sustain the fee reduction. THE CANADIAN PRESS

France elects Socialist Hollande as new leader

Supporters of Socialist Party candidate Francois Hollande react after the first results of the second round of French presidential elections in Paris on Sunday. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

Victory speech. 'You are a movement lifting up everywhere in Europe, and perhaps the world,' Francois Hollande says

France handed the presidency Sunday to leftist Francois Hollande, a champion of government stimulus programs who says the state should protect the downtrodden — a victory that could deal a death blow to the drive for austerity that has been the hallmark of Europe in recent years.

The president-elect inherits a country deep in debt and divided across racial and ethnic lines.

Hollande narrowly defeated the hard-driving, attention-getting Nicolas Sarkozy, an America-friendly leader who led France through its worst economic troubles since the Second World War but whose policies and personality proved too bitter for many voters to swallow.

Hollande will take office no later than May 16.

With 95 per cent of the vote counted, official results showed Hollande with 51.6 per cent of the vote compared with Sarkozy's 48.4 per cent, the Interior Ministry said. The turnout was a strong 81 per cent.

"Too many divisions, too many wounds, too many breakdowns and divides have separated our fellow citizens. This is over now," Hollande said in his victory speech.

"The foremost duty of the president of the Republic is to unite ... in order to face the challenges that await us."

THE ASSOCIATED PRESS

Quoted

"I take responsibility ... for the defeat."

Incumbent Nicolas Sarkozy, who told supporters he did his best to win a second term, despite widespread anger at his handling of the economy.

France. World leaders congratulate newly elected president on win

Francois Hollande
THE ASSOCIATED PRESS

Prime Minister Stephen Harper has called France's new president-elect — Francois Hollande — to congratulate him on Sunday's election victory.

The prime minister's office says in a news release that Harper emphasized the shared values and deep historic, cultural and linguistic ties between Canada and France.

Harper also expressed Canada's desire to work closely with France on a full range of international issues.

U.S. President Barack Obama called Hollande after the results were announced, the White House said in a statement.

"President Obama indicated that he looks forward to working closely with Mr. Hollande and his government on a range of shared economic and security challenges," the statement said.

Obama invited Hollande to visit the White House before this month's G8 summit at Camp David, Md. Hollande is also expected to attend the NATO summit in Chicago later this month.

Britain's conservative Prime Minister, David Cameron and Italian Premier Mario Monti also called Hollande to congratulate him

Hollande inherits a country deep in debt and divided over how to integrate immigrants while preserving its national identity.

Nicolas Sarkozy is the latest victim of a wave of voter anger over spending cuts in Europe that has ousted governments and leaders in the past couple of years.

THE ASSOCIATED PRESS

Supermoon lights the night

A "supermoon" is seen above the Christ the Redeemer statue in Rio de Janeiro on Sunday. A supermoon is the coincidence of a full moon (or a new moon) with the closest approach the moon makes to the Earth. VICTOR R. CAIVANO/THE ASSOCIATED PRESS

Greece. Voters punish top two parties in elections

Furious Greeks punished the two parties that have dominated politics for decades in the crisis-battered country Sunday, leaving its multibillion-dollar international bailout — and even its future in the euro currency — hanging in the balance.

With more than 83 per cent of the vote counted, Greece appeared to be heading toward political stalemate. Nobody won enough votes to form a government, and the two parties that backed the bailout — the conservative New Democracy and socialist PASOK — conceded they need to win over adversaries to form a viable coalition.

"I understand the rage of the people, but our party will not leave Greece ungoverned," said New Democracy Leader Antonis Samaras.

New Democracy was leading with nearly 20 per cent of the vote, which would give it 110 seats in the 300-member parliament. PASOK, which has spent 21 years in government since 1981 and stormed to victory with more than 43 per cent in 2009, saw its support slashed to about 13.5 per cent. It will have just 41 seats, compared to 160 in the last election.

The outcome showed widespread public anger at the harsh austerity measures imposed over the past two years in return for rescue loans from other European Union countries and the International Monetary Fund.

THE ASSOCIATED PRESS

A man waits to enter a voting booth at a polling station in Athens on Sunday. KOSTAS TSIRONIS/THE ASSOCIATED PRESS

Thailand

Explosions, fire kill 12: Officials

Officials say explosions and a fire at one of the world's largest petrochemical industrial estates have killed 12 people and injured more than 100 others in eastern Thailand.

The blasts Saturday forced the evacuation of more than 1,000 people living near the industrial estate, Thailand's largest industrial park. Authorities are investigating the cause of the explosions, which occurred when workers were cleaning a chemical tank.

THE ASSOCIATED PRESS

Germany

Clashes leave 29 officers injured

Clashes erupted in Germany when police tried to separate competing rallies by an ultraconservative Muslim group and a small far-right march, injuring 29 officers, authorities said Sunday. The trouble in Bonn started when hundreds of Muslims protested against the rally of about 30 supporters of the local far-right party Pro NRW, which showed unfavourable cartoons of Islam's Prophet Muhammad. THE ASSOCIATED PRESS

Drugs seized

Bulgarian officers intercept cocaine shipment

Bulgarian customs say they have seized 147 pounds of cocaine coming from South America and destined for Western Europe.

The drugs, seized Sunday in the Danube port of Ruse, were worth an estimated $50 million US.

District prosecutor Ognyan Basarboliev says the drugs came from Argentina and were to be shipped to the Dutch port of Rotterdam.

THE ASSOCIATED PRESS

Zoo scuffle

Omaha hospital goes bananas for special patient

Motuba, a 27-year-old silverback gorilla, needed a CT scan at the Nebraska Medical Center after a scuffle Thursday night with another gorilla.

Motuba's keepers at Omaha's Henry Doorly Zoo contacted the hospital, whose staff have been consulted on animal cases in the past.

THE ASSOCIATED PRESS

Murdoch's scandal follows classic media-baron script

Ambition to hubris. Mogul's fall from grace is a familiar story in the world of global media conglomerates

If the phone-hacking scandal gripping Rupert Murdoch's News Corp. empire has a familiar ring, it might be because you've heard the story before. Scrappy outsider turns modest newspaper business into international media conglomerate. Ambition turns to hubris. Mogul dramatically falls from grace.

From William Randolph Hearst to Rupert Murdoch, many media barons' stories follow a familiar arc.

"He's one of a series," said James Curran, a professor of communications at Goldsmiths University in London. "He seems to me to be in the same press-baron tradition."

Before Murdoch came Robert Maxwell and Conrad Black, both of whose careers at the top of the British media establishment ended in disgrace. Before those two came Lord Beaverbrook, the Daily Express owner whose excesses were lampooned by Evelyn Waugh in his 1938 novel Scoop.

Earlier still was the New York Journal's William Randolph Hearst, who has become linked to the swashbuckling maverick at the centre of Orson Welles' 1941 classic Citizen Kane.

Black's and Maxwell's careers were blighted by criminality. Maxwell, having raided his newspaper's pension fund, drowned under murky circumstances in 1991; Black was only released Friday from a U.S. prison following a 2007 conviction for cheating his shareholders.

The narrative of the hacking scandal may echo earlier stories of overreach, but Murdoch's story has little to do with those of Black or Maxwell, said Tom Bower, who has written biographies of the latter.

"There is a sharp difference," said Bower, explaining that Murdoch built "a huge and successful business" based on hard work and sharp elbows, while his competitors failed because they had created "flimsy businesses based on fraud."

THE ASSOCIATED PRESS

Fallout

- Once one of the most powerful forces in British politics, Murdoch has seen his clout wither amid the scandal over illegal eavesdropping at his News of the World tabloid.
- Revelations of widespread illegality there have led to the arrests of dozens of journalists and media executives, and the resignations of high-flying political operatives and police leaders.

Canada's last penny

The last Canadian penny ever to be made, displayed by Minister of Finance Jim Flaherty after it was struck at the Royal Canadian Mint in Winnipeg Friday, is going to Canada's currency museum in Ottawa. In the coming months, retailers will start to round up or down the tax-included price of cash purchases to the nearest five cents.

THE CANADIAN PRESS

Black. His legal legacy is limited, says expert

Conrad Black's battle with the U.S. justice system over fraud charges attracted media coverage, but hasn't left a deep footprint in North American corporate law, a legal expert says.

Black's fraud convictions and role in a significant U.S. Supreme Court decision helped send messages to the corporate world, but largely followed in the footsteps of other more high-profile white-collar criminals.

Jacob Frenkel, a former U.S. federal prosecutor and current partner with Washington D.C. law firm Schulman Rogers, said Black's case never matched the widespread interest that prosecution of former executives of Enron Corp. generated.

"No one ever cared about his case in the United States," Frenkel said. "It takes the right individual and the right case for the deterrent message in a white-collar prosecution to resonate. Those cases in the U.S. were (former Enron chief executives) Ken Lay and Jeff Skilling."

THE CANADIAN PRESS

Exposing private data. Domain-name expansion delayed by software glitch

The organization in charge of expanding the number of Internet address suffixes — the ".com" part of domain names — is apologizing for delays but says it's favouring quality, not speed.

Three weeks ago, the Internet Corporation for Assigned Names and Numbers (ICANN) abruptly shut down a system for letting companies and organizations propose new suffixes after it discovered a software glitch that exposed some private data.

At the time, ICANN planned to reopen the system within four business days. The system remains suspended indefinitely.

ICANN has said it needed time to figure out why the software failed and how to fix it. That was completed last week, an official said, but ICANN still must undergo extensive testing on the fixes and inform companies and organizations whose data had been exposed. He declined to offer a timetable; ICANN said Friday it planned to provide an update after Tuesday.

The idea is to let Las Vegas hotels, casinos and other attractions congregate around ".Vegas," or a company such as Canon Inc. draw customers to "cameras.Canon" or "printers.Canon." THE ASSOCIATED PRESS

New suffixes

1,000

Up to 1,000 domain-name suffixes could be added each year in the most sweeping change to the domain-name system since its creation in the 1980s.

Succession planning

Buffett's cancer draws attention to replacement

Warren Buffett worked to reassure shareholders that he's feeling good after his recent prostate cancer diagnosis, and that Berkshire Hathaway is ready to replace the revered 81-year-old investor when the need arises.

Still, the diagnosis is forcing shareholders to confront the fact that one day Buffett will no longer be at the helm of the conglomerate. THE ASSOCIATED PRESS

The Bosanek Rule

Buffett jokes about secretary's new-found fame

Billionaire Warren Buffett's secretary got to attend the State of the Union speech in January because of Buffett's complaints that tax laws are too easy on wealthy investors.

At Saturday's Berkshire Hathaway meeting Buffett joked about the fame Debbie Bosanek gained because he says she pays a higher tax rate than he does. THE ASSOCIATED PRESS

Product defect

Chrysler recalls vehicles over possible failures

Chrysler is recalling 119,072 cars after discovering that the antilock brake and electronic stability control systems can fail because of an overheated power supply.

The model year 2011 and 2012 Chrysler 300s and Dodge Chargers will have a fuse changed and relocated. Vehicle owners may contact Chrysler at 800-853-1403.

THE ASSOCIATED PRESS

Feel like a character in a Disney story
YOU COULD WIN A WALT DISNEY WORLD STORYBOOK VACATION FROM CLUB METRO!
Imagine yourself as the main character in a 6-Day/5-Night Walt Disney World vacation you'll never forget! Spend your days exploring different worlds, enjoying wild adventures and dropping in on land after land of fantasy and fun. At night, sleep in a setting that's themed to your dreams. The vast array of Disney Resort hotel themes take you from the Caribbean to Africa and cater to almost every budget and taste. And starting this May, the new Disney's Art of Animation Resort will begin to immerse you in the storybook magic of Disney•Pixar's Finding Nemo, followed by Cars, The Lion King and The Little Mermaid opening in phases.
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com.
As to Disney properties/artwork: ©Disney. As to Disney/Pixar properties/artwork: ©Disney/Pixar.

STADIUM PLAN GIVES ME THE CHILLS

URBAN COMPASS
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See if you can spot the flaw in this plan:

On Friday, the city of Regina announced a new version of the $1-billion Regina Revitalization Initiative, which includes a 33,000-seat open-air stadium, the new home of the Saskatchewan Roughriders, as well as retail, commercial, and 700 affordable-housing units.

The price tag will be split between taxpayers and the private sector, $348.2 million versus around $600 million.

If you answered: "Why are we spending a third of a billion of the people's dollars on a dumb stadium when we already have one?" you're obviously not on the program.

No, the flaw, as anyone who has ever shivered through a football game any time after Oct. 1 will know, is that new modifier attached to the stadium: "Open air."

Where do they think this is? Mayor Pat Fiacco (spelled without an "s," evidence to the contrary), who was formerly a big fan of a stadium with a retractable roof, has changed his tune now that Ottawa has withdrawn its original $100-million commitment, and thinks that open-air stadiums are all the rage.

C'mon

If you're going to spend hundreds of millions of dollars on a stadium when the money should really go to buy new beds for the hospital or e-tablets for school or, in fact, anything but a concussion factory, you should at least expect a thermostat.

Sure they are. In Texas.

This is Saskatchewan, where the average daytime high in November is below zero. If we're lucky, that's when the Roughriders play their most important games of the year.

Oh, I know how it goes: "People have been freezing their butts off at Taylor Field for decades. And they liked it." But really? If you're going to spend hundreds of millions of dollars on a stadium when the money should really go to buy new beds for the hospital or e-tablets for school or, in fact, anything but a concussion factory, you should at least expect a thermostat.

Let's do the math. The city's estimate for a stadium with a retractable roof is about $450 million while the price for the drafty, roofless variety is precisely $278.2 million. Sure, that's an $172-million difference, which sounds like a lot but it's really just a little over 15 per cent of the total cost of revitalizing Regina.

Would it, therefore, be too much to include heat in the vision for the revitalization of Regina? Let's not forget that people come from all over the Prairies to watch the Roughriders, so maybe we can convince them to contribute by paying a toasty tax on top of the price of admission to pay for a roof you can roll back on nice sunny days in July.

1936 was the last time they built a stadium in Regina, and they named it after Piffles Taylor. Do you think we're going to have to wait another 76 years for a roof?

Worth mentioning

When in Russia, eat your Lay's dusted in caviar flavouring

Russians prefer their Lay's potato chips dusted in caviar and crab flavours. The Chinese like their Oreos stuffed with mango and orange cream. And in Spain, Kellogg's All-Bran cereal is served floating in hot coffee instead of cold milk.

Americans might get squeamish at the thought of their favourite snacks being tweaked. But what works in the U.S. doesn't always work everywhere.

The challenge for snack makers is that people in other countries have different tastes. Consider the Oreo, which Kraft Food Inc. introduced in China in 1996. Sales of the vanilla cream-filled chocolate cookie sandwich were respectable there, but the Chinese didn't completely take to it.

So Kraft decided to tweak the Oreo. The result? Over the past five years, Kraft said sales have grown an average of 60 per cent a year. THE ASSOCIATED PRESS

A droplet's rainbow ebb and flow

TOBIAS BRÄUNING

Picture perfect

Winning photo makes a splash

If water droplets were able to dance, you could imagine them doing this. The striking image, titled Dancing Queen, was taken by amateur photographer and software engineer Tobias Bräuning and was the winner of the open category at the prestigious Sony World Photography Awards 2012. METRO

60 seconds

Tobias Bräuning

What do you see here?
I imagine a figure, but not necessarily a human. It can be an alien too. What's most interesting in this image is that the shapes are completely random, never predictable.

How did you create these striking shapes?
I used electromagnetic solenoid valves to generate the drops. I also made the water move "slower" by increasing its viscosity: To do this, I added guar gum, a thickening agent used for food. This makes the droplets seem more elastic. I mixed in ink to give colour.

You must have used a very rapid shutter speed.
No, the shutter speed was just 1/20th of a second but the flash duration was 1/20,000th of a second – to "freeze" the water. All you need is the camera's shutter fully open when the flash is fired.

As a photographer, what do you want to tell the world?
I want to show the natural beauty of the world invisible to the naked eye, beauty that's not manipulated by Photoshop effects.
METRO

Shutter happy

"The first drop falls into the water, then the green splash comes up, colliding with a yellow drop. Some milliseconds later, the red drop arrives and also collides. Finally, a blue drop is arriving, captured short before touching the splash."
Tobias Bräuning

Reading positive news stories changes a person's outlook, UBC study says

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

We all need to stay informed, but doom and gloom isn't the only news worth knowing — and there's science to back that up.

A recent study from the University of British Columbia shows that reading stories of kindness and heroism positively influences a person's desire to change the world.

Prof. Karl Aquino, lead author of the study, says, "Research shows that when people are presented with examples of exceptionally virtuous acts through stories or videos, it can lead them to think more positively about others and want to become better people themselves."

So before you are bombarded with political scandals and celebrity meltdowns, get a good-news fix — who knows what you might be inspired to do. CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro
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The Beastie Boys, seen here in a photo from 1989, changed music with their revolutionary sound. From left, Adam Horovitz (Adrock), Michael Diamond (Mike D) and Adam Yauch (MCA). Yauch died Friday morning at the age of 47 after a three-year battle with cancer. HANDOUT

Yauch: A music maverick

Remembering a Beastie Boy. Group's co-founder remembered as a dedicated activist and talented video director

CASSANDRA GARRISON AND PAT HEALY
scene@metronews.ca

After a three-year battle with cancer, Beastie Boys co-founder Adam Yauch died on Friday in New York at the age of 47.

According to Rolling Stone, Yauch, who went by the stage name MCA, was diagnosed in 2009 after he found a tumour in his salivary gland.

His health began taking a toll on his work with the band, and he hadn't performed live with the Beastie Boys since the summer of 2009. Last month, he sat out from the trio's induction into the Rock and Roll Hall of Fame.

Yauch was a pioneering member of the Beastie Boys, forming the group in 1979 with fellow New York City pals Mike "Mike D" Diamond and Adam "Ad-Rock" Horowitz

They began as a hardcore punk rock group, but by the mid '80s they had adapted to the rap style that would make them famous.

What made the Beasties so unique was not only their pioneering work with sampling and their dedication to evolving into a band who played their own instruments, but also their style of team rapping where even within a single line of a song, all three members might utter a different single word to make the line complete.

Check out Shadrach from their 1989 classic, Paul's Boutique. What makes this performance from Soul Train especially touching is the trio's salute to the show's host, Don Cornelius, who also died this year.

Yauch was also known for his activism in the free Tibet movement. He founded the Milarepa Fund, a non-profit organization dedicated to promoting awareness and activism regarding injustices perpetrated on native Tibetans.

He also organized the Tibetan Freedom Concerts.

Not only will MCA be remembered as the Beastie with the raspy voice and the social conscience, but also for his role in immortalizing the trio with his video direction.

His directing credits include So Whatcha Want, Intergalactic, Body Movin and Ch-Check It Out.

Condolences

Beastie Boys key part of Madonna's music history

Madonna says Adam Yauch, the Beastie Boys rapper who died Friday, was one of a kind and that the group was important to her musical history. The singer says the seminal hip-hop group was "integral to the musical revolution that was happening at the time." Madonna says she was sad to hear of Yauch's death and asked God to bless his family. The Beastie Boys opened for Madonna on tour in the 1980s, and the group was inducted into the Rock and Roll Hall of Fame last month.

THE ASSOCIATED PRESS

Biography explores living on the Edge

DVD release. Canadian wrestler Edge shares his tales of his career and rise to fame in new documentary

One of Canada's top sports entertainers gets the DVD treatment in the latest biography offering from World Wrestling Entertainment, and it's a release that mat fans in this country are bound to enjoy.

Nicknamed the "Rated-R Superstar," retired pro wrestler Edge takes viewers through his rise to stardom in the squared circle, from his early days in southern Ontario in the mid-1990s all the way to the top of the WWE.

There is plenty of Canadian flavour in the three-disc offering titled You Think You Know Me? The Story of Edge. The Orangeville, Ont., native weighs in on his start in the business and many of the more interesting moments on his way to championship glory.

The 241-pound, six-foot-five wrestler strapped a number of belts around his waist over the years before his retirement in 2011 due to injury problems. He was inducted into the WWE Hall of Fame earlier this year.

A teenaged Edge got started in the business after he noticed a brief item in the sports section of a Toronto newspaper. Sweet Daddy Siki and Ron Hutchison were accepting applications for those interested in training to become pro wrestlers.

Edge won a wrestling essay contest and went down to a boxing centre in west-end Toronto to get started. He also studied radio broadcasting, which helped his microphone skills in the ring.

Combined with a long-haired rock-star look and natural charisma, Edge was soon on his way. A shot of a young Edge in the crowd watching the legendary Hulk Hogan at SkyDome (now Rogers Centre) helped give him the boost to succeed. Years later, Edge and the Hulkster would team up and become tag-team champions.

Edge started out wrestling with his good friend Christian and after some intense tag-team feuds — most notably with the Hardy Boyz — the Canadian grappler focused on singles action. He took on most of the top stars and many matches are featured on the second and third discs in this package.

THE CANADIAN PRESS

Edge TORSTAR NEWS SERVICE

Box office

Avengers assemble a box-office smash

Captain America tells the Incredible Hulk to do his smash thing in The Avengers, and that's just what the Marvel Comics superhero mash-up did at the box office, smashing the domestic revenue record with a $200.3 million debut. It's by far the biggest opening ever, shooting past the previous record of $169.2 million for the debut of last year's Harry Potter finale. The Avengers added $151.5 million overseas over the weekend to bring its total to $441.5 million since it began opening internationally a week earlier. That raised the film's worldwide haul to $641.8 million in barely a week and a half, more than its Marvel superhero forerunners Iron Man, Iron Man 2, Thor and Captain America took in during their entire runs. If distributor Disney's domestic estimate Sunday holds when the final weekend count is released Monday, The Avengers would be the first movie ever to haul in $200 million in a single weekend.

THE ASSOCIATED PRESS

On the web

Theo Fleury doc traces the highs and lows of the troubled hockey star on and off the ice

Careful when Bynes is behind the wheel

Amanda Bynes

Amanda Bynes hasn't been having much luck with cars. The actress was reportedly involved in a hit-and-run when her Range Rover sideswiped another car while trying to pass on the right, according to TMZ.

Sources say Bynes continued driving on after the collision, but she reportedly cooperated with police once they caught up with her, telling them that she was unaware she had struck the other car. She was not issued a citation.

The incident comes a month after Bynes was arrested for driving under the influence after clipping a police car.

Love Hewitt gets cut down to size

Jennifer Love Hewitt

Jennifer Love Hewitt has had so much attention paid to her breasts lately that it's influencing her dreams.

"I actually had a nightmare the other night that people were trying to deflate my boobs while I was working," the Client List star tells Chelsea Handler during an interview. "They had tubes and I was trying to work, but they kept getting smaller," she said. "I was like, 'Guys, don't take them away!' I'm getting issues about it, I think."

With good reason: Recently, ads for Hewitt's new series were modified without her knowledge to reduce the size of her breasts.

"Some random person decided they were supposed to be smaller," she says. "I still don't know who that person is."

Lady Gaga recalls her lonely coked-out days

Lady Gaga says she "cherishes" being alone now, but it wasn't always that way for the newly single star.

"I would go back to my apartment every day and I would just sit there. It was quiet and it was lonely. It was still," she says of her early days in an interview for the Conversation With Amanda de Cadenet.

"It was just my piano and myself. I had a television and I would leave it on all the time just to feel like somebody was hanging out with me. And especially during the period when I was doing cocaine.

It was like the drug was my friend. I never did it with other people. It's such a terrible way to fill that void, because it just adds to that void, because it's not real."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Andy Cohen ALL PHOTOS GETTY IMAGES

Andy Cohen gabs with Metro

THE WORD
Dorothy Robinson
scene@metronews.ca

You know him as the outgoing Bravo host who fans the fire at Real Housewives reunion shows and presses celebrities with cheeky questions during games of Plead the Fifth on Watch What Happens Live. But Andy Cohen had a long, winding and often hilarious, road to his rise as a pop-culture guru and celebrity interview extraordinaire.

In his new book Most Talkative, Cohen opens up about dreaming of a life in television while watching All My Children as a kid, what it was like to live in fear of AIDS as a young gay man in the '80s and '90s, and working his way up the ladder from a CBS internship in New York City.

"I have all these great stories I've been telling friends for years," Cohen told Metro about his decision to write the book now. "I've just always wanted to tell them and I just felt like now was the time. I just needed a deadline, so I got one and then I went for it."

Cohen says his journal that helped him put together the pieces of his memoir.

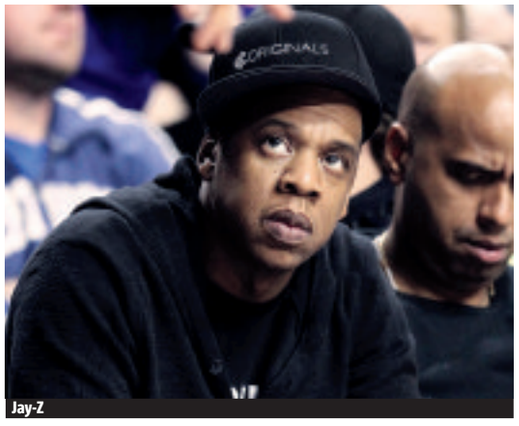
"I kept a journal for 11 years that really helped when I was writing about coming out of closet. And when I looked back on it writing the book, it seemed overly dramatic but it was so sincere and truly how I felt. There were so, so many details from my time at CBS, what a jackass I was during my internship, my work with Dan Rather and lying to Oprah to get an interview and getting caught, staying in a clothing-optional resort when I went to Palm Springs to interview Tammy Faye Bakker."

So folks, if you're looking for a way to make it to the top of the industry, lie to your higher-ups and feel free to forgo your clothing — hey, it worked for Andy Cohen.

TODAY'S THE WORD WAS WRITTEN BY MEREDITH ENGEL WITH ADDITIONAL REPORTING BY CASSANDRA GARRISON

Congrats to one of our own

Longtime Metro gossip columnist Dorothy Robinson Scott gave birth to a beautiful baby boy over the weekend. We at Metro are incredibly proud of, and happy for, Dorothy and her husband, though we were a little offended that the couple did not take our suggestion and name the little one Great Scott.


Jay-Z

Jay-Z: My daughter will likely be spoiled rotten

Jay-Z is planning to do the best he can to raise daughter Blue Ivy Carter right, but he resigned himself to the fact that she'll have it pretty easy in life.

"I imagine I'll take things I learned from my mom and things I've learned from raising my nephews and apply that," he says of his parenting plans in an interview with Oprah Winfrey. "Then at the end of the day, I just know I'll probably have the worst, spoiled little kid ever." At least the rap mogul is ready for the inevitable resentment that comes with being a parent: "Everyone imagines they'll be a great dad until their [kids are] teenagers. [They say], 'Get away from me, Dad. You're embarrassing me,'" he says.

It pays to be Jennifer Lopez's boyfriend

Jennifer Lopez

Getting close to Jennifer Lopez can certainly be a career boost — at least for Casper Smart, Lopez's 24-year-old boyfriend and backup dancer.

The singer announced that Smart would be serving as one of the choreographers for her new world tour, according to Us Weekly.

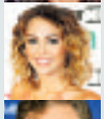
"I'm working with [choreographer] Jamie King, and also Casper Smart," Lopez said. "It's going to be an amazing, amazing show." Smart has reportedly become an important part of Lopez's life, both personally and professionally.

Sources say he's moved into her L.A. home and sits in on business meetings — and even directed her latest music video.

"He provides what she hasn't had in years. He's very supportive and devoted," a source says.

Twitter

@justdemi
So hard finding a name that was fun somewhat playful and available. So for now it will be @justdemi It could grow on me!



@MileyCyrus
Fairy tales are girl porn.

@ConanOBrien
Ever get really into playing a video game, only to discover it was just one of those high-tech Japanese toilets?

@JonahHill
What has the best coffee in the French quarter in new orleans?

Health

Do dads get depressed, too?

We're all guilty of it. We want men to show their sensitive sides, yet when they do, we tell them to buck up.

Interestingly, though, it's possible — at least according to an Oxford University study — that dads may also suffer from some sort of postnatal depression.

To most, it seems off to suggest men get the equivalent of postpartum depression (PPD) with its clear physiological triggers, but some are afflicted by an equally real depression as a result of the new stresses and lifestyle changes of their new role. And yet, there still exists a "suck it up" attitude that forces men to internalize their emotions instead of getting treatment.

JULIE GREEN, YUMMYMUMMYCLUB.CA

Study suggests new dads can suffer from a form of depression. ISTOCK

Money

Paying your babysitter

How much should you pay a babysitter? Here are some easy tips to help you decide:

- How many kids will the babysitter be responsible for? More children may mean more money.
- Sometimes, special needs means a special babysitter. Some kids who have medical, developmental or other needs may require a caregiver with specific training, which usually means a higher fee.
- Are you expecting the sitter to engage your kids in play the whole time or will the sitter only have to push play on the DVD and watch for fires?
- Be upfront with your sitter — ask her what she charges.

CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

Ready to reveal your baby's gender? Keep it trendy

Boy or girl? Here are some ways of making the big announcement to friends and family

LISA THORNBURY
yummymummyclub.ca

Gender reveal parties are all the rage right now. They're all about finding unique and creative ways to share the "boy or girl?" news with family and friends. Instead of finding out their baby's gender at the doctor's office, many parents are now opting to be surrounded by loved ones at a party to discover the news.

If this sounds like you, here's what you need to do to make it happen. First, ask your doctor to write the sex of the baby on a piece of paper. Don't peek — put it in an envelope! Hand the envelope over to a special friend or family member who you know can keep a secret. Ask him or her to help you plan one of these three parties:

Gender-Reveal Cakes
Have your secret-keeper deliver the piece of paper to a baker and have the bakery make a cake — neutral on the outside, but either pink or blue on the inside. When you cut into the cake, everyone will find out if a son or daughter is on the way.

Balloons In A Box
Ask your friend in-the-know to fill a box with balloons. Open to reveal the pink or blue surprise!

Unwrap a Gift
Ask the entrusted friend to wrap a onesie or a teddy bear (pink or blue depending on the gender) as a present. You will then open the box at the party and find out right along with everyone else.

If you might be disappointed if the "wrong" sex is revealed, you might want to find out the sex with your spouse privately before the party so you are prepared to celebrate when everyone else finds out.

A fun touch would be to have guests wear either pink or blue to indicate their gender prediction. The losing team cleans up after the party.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

More party tips

- **Name it.** Call it a Lad or Lassie Party, a Pink or Blue Do or a Daughter or Son Soiree. But whatever you do, don't call it a Sex Party — that will surely make great-grandma Gertie a little bit uncomfortable.

Looking for a chic way to reveal your baby's gender? Throw a party. ISTOCK

Add these must-read picture books to your shelf

We surveyed yummymummyclub.ca readers and asked them to share their all-time favourite children's picture books. Here are a few must-haves:

The Gruffalo

The Gruffalo by Julia Donalson

Just what is a Gruffalo? "He has terrible tusks, and terrible claws, and terrible teeth in his terrible jaws." Or maybe he's not real at all and a silly mouse just made him up. Or maybe he is real, after all. Mystery!

The Paper Bag Princess

The Paper Bag Princess by Robert Munsch

This is definitely not your average princess story — no, indeed. Princess Elizabeth and Prince Ronald do not live happily ever after at the end of this tale, as Prince Ronald is unhappy with the way the strong and awesome princess looks after battling and outsmarting dragons.

Where the Wild Things Are

Where the Wild Things Are by Maurice Sendak

Let the wild rumpus begin! Max takes on a great adventure to the place where wild things are. It will almost make your kids want to get sent to their rooms without dinner. Almost.

Stellaluna

Stellaluna by Janell Cannon

Oh, Stellaluna, the little fruit bat who loses her way and gets adopted by birds. Her bird friends are confused by the differences between bats and birds. "How can we be so different and feel so much alike?" one asks.

YUMMYMUMMYCLUB.CA

3 LIFE

DIY

Homemade popsicles

I went a bit overboard this week and ended up with three containers of strawberries that were in danger of going bad. So, obviously, the kids and I made popsicles. Now, you can too.

You'll need: one large container of strawberries, washed and hulled; half a cup of simple syrup made by combining equal amounts of sugar and water in a pot, bringing it to a boil until the sugar dissolves; and one cup of water.

Mix the ingredients together in a blender. Pour it into popsicle molds, freeze and enjoy.

After pouring the kids' popsicles, I had strawberry mix left over. What's a mom to do? Well, if you're anything like me, you add half a cup of vodka, mix it in the blender so it's evenly distributed, pour the mixture into popsicle molds, and let it freeze (then salivate in anticipation).

Helpful hint: always use different easily-identifiable molds when making vodka popsicles, for obvious reasons.

SHARON DEVELLIS, YUMMYMUMMYCLUB.CA

On the Web

Skeptics question whether Vogue went far enough to promote healthier models

prius c

we'd like to introduce you to the new prius c

- With a fuel-consumption rating of 3.5L/100 km, it has the best city fuel efficiency of any vehicle without a plug.*
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- Its luxurious interior is just as impressive as its exterior. Get ready to turn heads and feel great every time you take it for a drive.

*Based on 2012 Fuel Consumption Guide ratings published by Government of Canada. Actual fuel consumption may vary. † Prius c Technology model with Premium Packa

clever, compact and built for any city

starting from $20,950†

when it comes to premium subcompact vehicles, there's one thing that's been missing: Toyota's proven 3rd generation Hybrid Synergy Drive.

The Prius c is finally here, and it completely redefines what you'd expect from a premium subcompact hybrid. Not only is it packed with cutting-edge technology that includes a 3.5-inch full colour display and hands-free phone capability, its low center of gravity and sleek, aerodynamic body allow you to handle the tight corners and small spaces in any city. With Prius c, you'll feel like you completely own the road.

To see some incredible videos and to learn more, visit us at priusc.ca

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age shown with a MSRP of $25,340. MSRPs do not include freight and PDI ($1,565), license, insurance, registration, applicable taxes, levies and fees. Dealer may sell for less.

Give your sweet tooth something to smile about

This recipe serves eight to 10 people. THE CANADIAN PRESS H/O

Raspberry Semifreddo. This luscious dessert uses creamy avocados and sweet raspberries

For something different, try this light and creamy dessert made with the goodness of avocados and speckled with cool bursts of sweet raspberries. You have never tasted a dessert like this before.

1. In a standing mixer, whip egg whites to form medium peaks, then slowly add icing sugar until mixture becomes glossy with stiff peaks, about 8 minutes. With a rubber spatula, scrape into a large bowl and set aside.

2. In a stand mixer, whip the cream to form stiff peaks. Add to egg white mixture, folding gently so as not to incorporate too much air. Puree the avocados with a hand blender or food processor and add them to cream and egg white mixture. Fold all together and incorporate 250 ml (1 cup) of the raspberries.

3. Line a 23-by-12-cm (9-by-5-inch) baking dish with plastic wrap. Add semifreddo mixture, smoothing surface to flatten. Freeze uncovered for at least 3 hours.

4. To serve, dip the dish in about 5 cm (2 inches) of hot water to slightly melt edges. Dry the baking dish and invert the dessert onto serving plate. Remove plastic wrap and top with remaining raspberries and mint. Slice and serve.

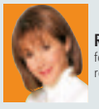
THE CANADIAN PRESS/ AVOCADOS FROM MEXICO, AVOCADOSFROMMEXICO.COM

Ingredients

- 3 egg whites
- 250 ml (1 cup) icing sugar
- 175 ml (3/4 cup) whipping cream
- 2 avocados
- 375 ml (1 1/2 cups) fresh raspberries, divided
- 6 mint leaves, for garnish

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com

For those days when you're too tired to cook, reaching for a ready-made soup is a natural choice. Watch which can you grab, though.

Campbell's Chunky Chicken Corn Chowder (1 cup)

240 calories/ 11 gm fat/ 650 mg sodium

Even though it's filled with veggies and chicken, there's also the addition of cream, which adds to the calories and fat.

Equivalent

One cup of Campbell's Chunky Chicken Corn Chowder is equal, in fat, to 11 chicken skewers from Blue Menu.

Campbell's Chunky Chicken Vegetable (1 cup)

150 calories/ 5 gm fat/ 630 mg sodium

This veggie-based soup comes in with less calories and half the fat than the chicken corn chowder.

Quince-Filled Chocolate Marzipan Bonbons

1. Line a plate with parchment paper.

2. Cut tube of marzipan into 14 equal portions. Form each into round, shallow cup. Fill cup with about 2 ml (1/2 tsp) of quince paste, then carefully fold sides of cup up over filling and roll in your hands to form a tight ball. Set aside.

3. Place chocolate melts in microwave-safe measuring cup. Microwave on high 1 minute, stopping every 20 seconds to stir, or until completely melted.

4. One at a time, use fork to lower marzipan balls into melted chocolate. Use the fork to lift it from the chocolate, tapping gently on the side of the cup to remove excess chocolate, then carefully set bonbon on prepared plate.

5. If you want to sprinkle a dry coating on bonbons, such as salt or candy sprinkles, do so immediately. Otherwise, coat remaining bonbons, then let them dry and harden. The drying can be sped up by placing plate in refrigerator for several minutes.

6. If desired, melt a small amount of a second colour of candy melts, then drizzle this over hardened bonbons to decorate. THE ASSOCIATED PRESS

Ingredients

- 1 tube marzipan (about 200 g/7 oz)
- 30 ml (2 tbsp) quince paste
- 125 g (4 oz) chocolate melts (any colour)

With strawberry season around the corner, get baking

1. Pastry: In food processor, combine flours, butter and salt. Pulse until butter is just distributed through flour. Add water and pulse again, just until distributed. Pulse 2 more times. Dough should still be crumbly and dry.

2. Pour dough onto counter. Press into rectangle (20 by 30 cm/8 by 12 inches). Fold dough in half, then use rolling pin to roll it back to a 20-by-30-cm (8-by-12-inch) rectangle. Fold dough in half again and place on a baking sheet. Cover with plastic wrap and refrigerate for 20 minutes.

3. While pastry rests, in bowl, toss together strawberries, lemon juice, salt and 125 ml (1/2 cup) of the sugar. Let sit for 10 minutes.

4. Once pastry has rested, roll it out once again to a 20-by-30-cm (8-by-12-inch) rectangle. Repeat folding and rolling process one more time, but this time roll it to a 25-cm (10-inch) round. Place dough in freezer until fruit is ready.

5. Heat oven to 200 C (400 F).

6. In 23-cm (9-inch) oven-safe skillet over medium-high heat, melt 50 ml (1/4 cup) of butter.

This recipe serves eight. THE CANADIAN PRESS H/O

Add remaining 125 ml (1/2 cup) sugar and cook until it turns golden -brown, 10 mins.

7. Add apricots, strawberries and any juices from bowl to pan and continue cooking on high heat until fruit is soft and begins to caramelize, 10 mins. In glass, stir cornstarch and water. Add to skillet and stir gently to mix. Bring to a boil, then remove skillet from heat.

8. Place pastry over fruit, fitting down tightly into pan. Use paring knife to cut several slits in top centre of pastry. Bake until golden brown, 30 mins. Remove from the oven and let sit 30 mins. to allow filling to set up.

9. Run a knife around the edge of skillet to loosen pastry. Place round platter or large plate over pan and carefully but quickly overturn the pan so plate is on the bottom. Lift pan off the serving plate to reveal tart. Serve warm or at room temperature.

THE ASSOCIATED PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

Pastry

- 500 ml (2 cups) all-purpose flour
- 125 ml (1/2 cup) cake flour
- 250 ml (1 cup/2 sticks) unsalted butter, cut into pieces
- 1 ml (1/4 tsp) salt
- 75 ml (1/3 cup) ice water

Topping

- 2 containers (each 500 g/16 oz) fresh strawberries, hulled and halved
- 10 ml (2 tsp) lemon juice
- Pinch of salt
- 250 ml (1 cup) sugar, divided
- 50 ml (1/4 cup/1/2 stick) butter
- 1 bag (198 g/7 oz) dried apricots
- 45 ml (3 tbsp) cornstarch
- 50 ml (1/4 cup) water

Save some green by driving green

Car shopping.
Scotiabank aims to remove some of the financial sting when you purchase a clean vehicle

BEN KNIGHT
life@metronews.ca

By the numbers

16,167

Number of registered hybrid electric cars on the road in Canada in 2009.

Have you thought about switching to a more eco-friendly vehicle? ISTOCK

The arguments in favour of driving an eco-friendly car get stronger every day. But as soon as your heart is set on a hybrid, electric or clean-diesel vehicle, your wallet becomes concerned about financing.

The good news is that green vehicles are becoming more and more affordable, and now one of Canada's biggest banks has launched a new program to help you drive cleaner — for less.

"We found, through research and just talking to our customers, that there was real void out there in terms of our customers finding out how they could make greener choices, and at the same time save some money," says Kaz Flinn, vice-president of corporate social responsibility for Scotiabank.

The EcoLiving Auto Loan program was announced in late March. It offers a quarter of a percentage point off the bank's standard lowest fixed rate.

"It's one component of our larger Scotiabank EcoLiving program," Flinn explains.

"The program is based on a lot of residential issues — renovations and things like that. But where we noticed there's also a growing interest with customers was in making purchases of more efficient automobiles."

We're entering a time of year where the auto industry traditionally does good business. For an ever-increasing number of Canadian motorists, the time to decide whether to step away from a traditional gas-burning car is now.

"This is spring, and sales are picking up, and I certainly see that the number of sales of hybrids or electric cars is increasing," Flinn says. "And there is a growing increase in clean vehicles, and consumers need information to make financial choices."

The loans are available at the bank's partner dealerships across Canada, so your car and finance questions can be handled simultaneously.

"This is about Canadians making green choices that will save energy and save money," Flinn concludes.

"I think they are very in tune with fuel prices, and with the environment and wanting to contribute something. And if there are choices out there for them and opportunities are given to them to be able to make the green choice, then they're looking towards that. We want to help them — from a competitive-pricing point of view."

For more info. visit ecoliving.scotiabank.com.

Queen of Green

Toxic home cleaners

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What's the difference between sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES)?
Jolene — Winnipeg

SLS and SLES play similar roles in home cleaners and cosmetics. You can often find both of these surfactants or foaming agents in dish soap, liquid laundry detergents, toilet-bowl cleaners, shampoos, bubble bath and facial cleaners.

SLS is a skin, eye and respiratory tract irritant that Environment Canada has also categorized as inherently toxic to aquatic organisms, flagging it for further assessment.

To make SLS less irritating, it is often ethoxylated (by adding ethylene oxide), resulting in the modified compound of SLES. But SLES is also a concern because it can be contaminated with 1,4-dioxane, which may cause cancer (according to the International Agency for Research on Cancer), and it stays in the environment for a long time. Contamination occurs during the process of ethoxylation.

Contamination can occur during the process of making both petrochemical-based cleaners and some plant-based ones. Adria Vasil, author of Ecoholic Home, notes that even some organic dish soaps contain troubling levels of 1,4-dioxane. The good news is that many brands — from Seventh Generation to Whole Foods' 365 to Ecover — either had only trace amounts or have reformulated their products.

Learn more about toxic ingredients to avoid in home cleaners, and how to choose safer options — join us for the last week of our Spring Breakup campaign at springbreakup.ca.

When you sign up, you'll be entered for a chance to win the grand prize: a $300 Rona gift certificate and a Queen of Green home makeover! Yes, I'll actually come to your home and help you green your life.

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Leap of faith leaves a big imprint on franchise owner

Copy that. Iain Scott encourages other entrepreneurs to be unafraid to take chances

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Iain Scott is an area developer and franchise owner for Instant Imprints in Winnipeg. PROVIDED

He arrived from Scotland in 1986 with experience in the printing industry and a flair for business.

Finally after working for someone else for 30 years, Iain Scott did what many of us long to do: he quit and started his own company.

Combining his printing experience with an established franchise, he opened his first UPS store in 2006 in Winnipeg.

The one-stop shop for small business owners with printing and photocopying needs was a hit and within three years, Scott's store was number one in the region.

"You have to be an optimist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."

Today, Iain has started a second franchise called Instant Imprints which will help business owners with branding and promotion.

"Being an entrepreneur gives you determination over your own future," he notes.

"At the end of the day, you're building equity and it will become an investment for your retirement."

Expert advice

Iain Scott's key tips for business success:

- Franchising helps build business success with a proven business model.
- Research the market and research it again. Prepare a business plan and have it reviewed by peers and professionals.
- Deliver on time every time. Make it happen!
- Check quality and never allow your product to leave unless it is perfect.
- Network. Let people know you are in business and promote your services.

High hopes

"You have to be an optimist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."
Iain Scott, business owner

Starting a career in 'can I get you anything else?'

Behind the degree. Mastering the art of going that extra mile for your clients

BRUCE WALSH
life@metronews.ca

Think you can provide better service? Consider hospitality studies. ISTOCK

In 2007, Konstantinos Bastas was managing his parents' diner on the Upper East Side of Manhattan, but found himself daydreaming of an alternative career.

"I knew restaurants weren't the route I wanted to take, but I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me," says Bastas.

He initially considered applying for an MBA program, but then discovered the M.S. in Hospitality Industry Studies at NYU. Bastas completed his degree last year.

After a short stint at the Ritz Carlton Central Park, he founded his own luxury travel consultant business, Bastas Travel Consultants.

"A master's degree teaches you the practical stuff: hospitality formulas, marketing, revenue management.

But the most important thing for me in those two years is relationship-building — having professors who are industry leaders, and being around other students who are involved in the industry."

Born for the business

"I knew restaurants weren't the route I wanted to take, but I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me."
Konstantinos Bastas

On the shelf

The 4 Disciplines of Execution: Achieving your wildly important goals

When you want something to change, you set a goal, whether it's personal or at the workplace. Maybe you want to lose some weight, get a promotion at work or set up a new initiative for you employees.

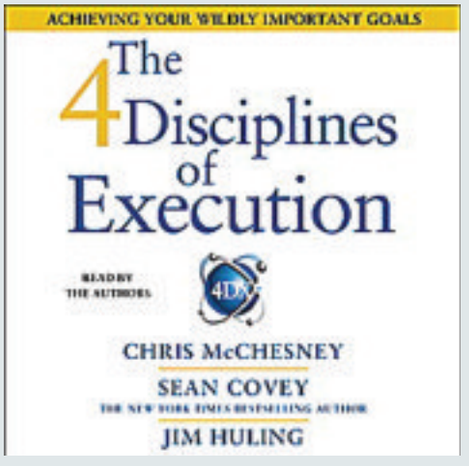
According to the three authors, their new book The 4 Disciplines of Execution outlines a proven method to achieving your goals, whatever they may be.

The 4 Disciplines of Execution are: focus on the wildly important, act on lead measures, keep a compelling scoreboard and create a cadence of accountability.

In other words, concentrate only on one or two big goals at a time, don't overthink it, make sure everyone is in the same boat, and communication is key.

The book is thick, dense and wordy. It is very thorough and well- researched.

If you are a business leader, entrepreneur or need motivation in your life, The 4 Disciplines of Execution is an invaluable resource. DELIA MACPHERSON



MAINTAIN A HEALTHY BALANCE

REAL LINK EXISTS BETWEEN MENTAL, PHYSICAL HEALTH

GOODSHOOT/THINKSTOCK

FUSE/THINKSTOCK

Our physical and mental health are fundamentally linked. So why do so few people make the connection, whether they suffer from these problems themselves, or care for someone who does?

It has to do with the way our society deals with physical and mental health, says Peter Coleridge, national CEO of the Canadian Mental Health Association (CMHA).

"We tend to talk about our physical and mental health problems separately," he explains. "We rarely view them as linked, and our health services and funding are structured to support this view."

Many of the factors essential to good physical health may be impacted by poor mental health, and the opposite is also true. For example, quality of sleep, physical activity levels, access to healthy food, participation in social activities, and broader factors, such as employment and housing, all impact a person's overall health and well-being.

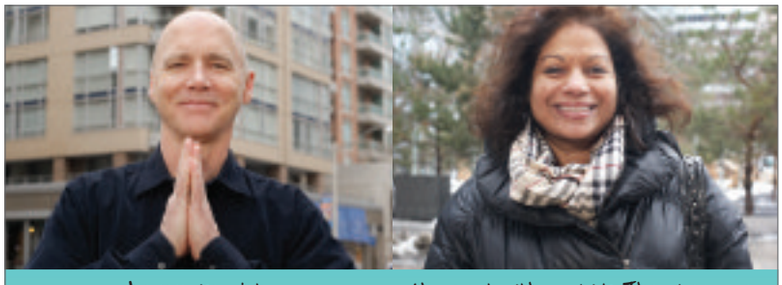
It is imperative that we deal more effectively with these risk factors. Studies show mental health problems cost $4.9 billion annually, due mostly to lost productivity and long-term disability claims. Another $1 billion is spent on hospital visits, doctors' fees, and medications. Improving awareness about the link between physical and mental health is one way to ensure these problems are discovered and treated before they grow severe.

"Many people with mental health problems have limited access to health services and are less likely to seek help due to stigma and discrimination," says Coleridge.

"We must understand there is no health without mental health — so that governments, policy-makers and service providers improve access to adequate supports and services for mental health and mental illness.

"This will maintain and improve our mental health and overall health and well-being, make it easier to detect and mitigate developing mental health problems, and support recovery from mental illness. It will also make it easier for people with mental health problems — and their caregivers — to build resilience and manage their overall health."

CMHA's Mental Health Week is May 7-13. This year's theme is "mental health for all" — a reminder that good mental health is achievable for everyone. To learn more, visit **mentalhealthweek.ca**.



I exercise alot.
Paul, 52, Manager

Hang out with my kids. They keep me balanced. Jyoti, 44, Teacher

I like being creative. It's my drug.
Zile, 67, Artist

I force myself to go out and stay social.
Behzad, 30, Grad Student

What do you do for your mental health?

Do more for yourself everyday. Because good health includes mental health. The Canadian Mental Health Association proudly kicks off its 61st annual Mental Health Week – May 7th to 13th. It's time to talk, reflect, engage and celebrate mental health for all. Find out more at www.MentalHealthWeek.ca

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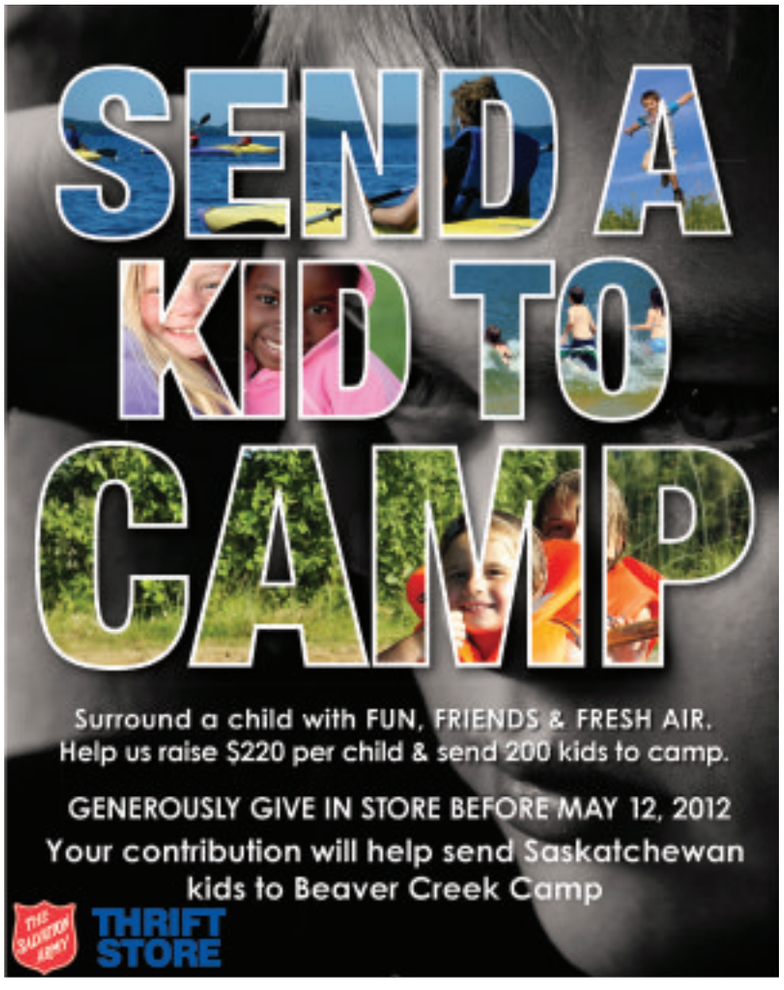
Murray Whitby, VP of Medicine Shoppe Canada presents cheque to Peter Coleridge, National CEO of The Canadian Mental Health Association.

metro

SUMMER CAMPS

Monday, May 7, 2012

Summer camps can help children learn everything from figuring out how to be more independent to mastering outdoor activities like camping or a new sport. ISTOCKPHOTO/THINKSTOCK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Summer is time for adventure

Activity. Going away to camp allows children to learn through controlled risk

ASTRID VAN DEN BROEK
For Metro

Overnight camps, and even day camps, can cost more than a few bucks.

But then again, it's money well spent isn't it?

What exactly does your child — and you as the parent — get out of the experience?

For children, the benefit of heading off to camp is clear, says Bronco Cathcart.

"At camp I see the value in safe but unstructured play," says Cathcart, the executive director of the Sasamat Outdoor Centre in Belcarra, B.C.

"We provide a lot of activities for kids, but within the scope of that they're allowed to be adventurous and they're allowed to take some controlled risk. Most children in most home environments now, well risk is something parents fear rather than encourage. And kids really learn from that controlled risk."

That learning can be everything from figuring out how to be a more independent person to mastering a new sport such as archery or appreciating the environment given their natural surroundings.

"Children can be exposed to a broader range of skills, experiences, social time and activities than they are able to afford within the home environment," adds Michele George, interim executive director of the Edmonton-based Alberta Camping Association.

Children attending camp tend to be fitter and healthier as well and are more inclined to participate in physical activity, George adds.

What about parents? What do they get out of it, other than a weeklong breather from parenting?

"One of the biggest things for parents is that they learn to let go. While children can get homesick, it's the parents who are homesick for their kids. It's the parents that are having a difficult time breaking from the child or understanding that the child is ready for a break from them," says Cathcart.

"That's a big learning step for parents, sending their kids away for the first time."

"Time apart from their children can enhance the personal development of both parent and child," adds George. "And that can enhance the relationship in the longer term."

So how can you go about picking the right camp for your child?

Ask other parents who you know for their recommendations.

"Parents know when their children have had good experiences," says Cathcart.

"All the advertising in the world won't have the same value as what you're hearing from kids and parents."

Also look for a camp accredited or affiliated through a provincial association, such as George's Alberta Camping Association or through the national Canadian Camping Association.

Packing: Make it a family affair

KELLY PUTTER
For Metro

Some of the fun of summer camp is in getting ready for the big day, and that means enlisting your child in the task of packing.

If that sounds like asking your dog to make dinner, there is a method to this recommended madness, says Ruth Mills, a family camp expert at the YMCA's Wanakita camp in Haliburton, Ont.

"It's all about preparing for camp so they'll recognize their stuff and so they know what went with them and what needs to come back home," says Mills. "If kids help pack they feel a sense of control over their bag. It's something familiar and one less new thing on the first day."

It's important that everything is labelled, she says. This rule is especially critical for younger campers whose belongings invariably become entwined with those of other campers.

Make sure your kids pack items that remind them of home — it's something that lends a sense of comfort.

"Consider the fact that stuff has to travel on a bus or in a car and it has to be carried to your cabin," says Mills. "So you probably don't want to pack that giant stuffed cow you won at the (carnival)."

Don't pack belongings in garbage bags, which tend to weaken. Instead, use backpacks, a small suitcase, or a duffel or hockey bag. Label all bags.

If there is one thing you spend money on in preparation for camp it should be rain gear, Mills suggests. Don't buy cheap ponchos. Pick up decent raincoats, waterproof pants and footwear.

"Campers will have a miserable time if it's wet and cold," she says.

Clothes aside, do include:

- a water bottle
- sunglasses
- bug repellant
- a cheap camera
- a flashlight
- a plastic ground sheet
- a sleeping bag
- sunscreen
- a hat
- two pairs of runners and two bathing suits.

Parents should try to choose camps where children can take a friend so the kids won't get homesick. STOCKBYTE/THINKSTOCK

How to combat home sickness

The first time your not-so-little-one-anymore heads off to overnight camp, home sickness is a real worry for both parents and some children. Here are some ways to combat this away-from-home hurdle.

PUT ON A HAPPY FACE
And use equally positive phrases to set up this new experience for your child. "So don't say things like, 'I'll really miss you when you're gone' or 'Things won't be the same without you here,'" suggests Bronco Cathcart, executive director of the Sasamat Outdoor Centre in Belcarra, B.C. "Instead, use positive statements like, 'I'll really look forward to hearing about all your new adventures when you get home.'"

BUDDY UP
"Parents should pick camps where children can take along one or more friends," says Michele George, interim executive director of the Edmonton-based Alberta Camping Association.

LEND AN EAR
Listen to your children and hear them out about the concerns they might have over attending sleep-away camp — especially if they are camp newbies.

ASTRID VAN DEN BROEK

Talk. ABCs of camp life

KELLY PUTTER
For Metro

Go over a schedule of activities with your child to help the child understand what their summer camp experience will be like. ISTOCKPHOTO/THINKSTOCK

If your little camper is anxious about sleep-away camp this summer, don't sweat it because that reaction is natural.

What you can do to calm fears is prepare your kids for their first overnight camp adventure by having a chat that covers the ABCs of camp life.

"Talk to your kids about what camp is," recommends Ruth Mills, a family camp director at the YMCA's Wanakita camp in Haliburton, Ont. "Get talking about what they're excited about and what they're nervous about and you'll work at identifying, and possibly sorting through, some of their worries."

Camps typically send out a schedule of daily activities, which parents should go over with their novice campers. This helps children understand what they are getting into and it sets up expectations that can ease fears before they leave home.

Mills suggests packing a journal or letter-writing material for your child, which serves as a symbolic link to home.

"It's important to be able to tell that story," Mills says. "It encourages kids to be aware of their experience at camp and helps them stay connected with home. It gets them thinking about sharing their story."

Some families actually hold camp-themed sleepovers in anticipation of their child's camp experience. Friends with sleeping bags in tow are invited to sleep in a tent, which is set up in the backyard. Parents and kids roast marshmallows, play games and try to replicate camping life to get their child acquainted with the unfamiliar.

If your little camper has never had a sleepover or been to one, the months leading up to their first time away might be a good time to initiate this childhood rite of passage.

"I do think kids do a lot better at camp if they've had sleepovers before," says Mills. "Typically, nighttime is the hardest time to adjust to camp. That's when it's quiet and there's opportunity to think of home and to miss mom."

Don't forget to pack things that will make camp seem more homelike, says Mills. Bring your pillow from home, which also helps kids sleep better. Younger children might want to bring a stuffed animal and teens should bring photos of family, friends or their favourite teen idol.

Pre-K to Grade 12 Reading Writing Math Grammar Study Skills Homework French

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4

SPORTS

IIHF world championship

Canada loses another blue-liner to injury

The injury bug has bitten Canada once again at the IIHF world hockey championship. Defenceman Marc-Edouard Vlasic was ruled out of the tournament in Helsinki Sunday with a right leg injury, making him the second Canadian blue-liner to be sent home early after P.K. Subban. "It's tough to lose a good young player like Marc-Edouard," said general manager Kevin Lowe. "His game is really suited to the big ice. He's a very mobile defender who will be hard to replace." Vlasic suffered the injury after getting tangled up with an opponent in the third period of Saturday's 5-4 overtime loss to the United States. He tried to play through it but quickly realized something was wrong.
THE CANADIAN PRESS

On the web

Quarterback Andrew Luck has been busy studying the Indianapolis Colts' playbook since being taken No. 1 in the NFL draft. But the Stanford student still has his head buried in textbooks as he completes this semester's classes before fully dedicating himself to his NFL career. Scan the code for the story.

Albert Pujols watches his first home run of the season leave Angels Park on Sunday. JEFF GROSS/GETTY IMAGES

MLB. Pujols ends streak of futility vs. Jays

Albert Pujols finally hit a home run for the Los Angeles Angels, ending the longest power drought of his career Sunday in a 4-3 win over the Toronto Blue Jays.

Pujols connected in the fifth inning for his first AL homer and his 446th overall.

The three-time NL MVP had gone 33 games and 139 at-bats dating to last year without a home run in the regular season. He had a three-homer game for the St. Louis Cardinals in the World Series and hit seven home runs in spring training.

Pujols drove a 2-2 pitch from right-hander Drew Hutchison into the left-field bullpen for a two-run shot. Mike Trout doubled ahead of the home run.

Pujols homered in his 28th game and 111th at-bat with the Angels, who signed him to a 10-year, $240-million US contract as a free agent in December and touched off a frenzy that resulted in more than 5,000 extra season tickets being sold.

Jerome Williams (3-1) was charged with three runs and eight hits in 6 2/3 innings.

Hutchison (1-1) gave up four runs and eight hits in 5 1/3 innings. THE ASSOCIATED PRESS

Sunday's game

4	3
Angels	Blue Jays

Quoted

"I don't think anything's been lifted off my shoulders, man."
Angels first baseman Albert Pujols

Kings sweep away Blues

NHL. Brown, Quick lead L.A. to conference finals for first time since Gretzky era

Dustin Brown scored two goals, Jonathan Quick made 23 saves, and the eighth-seeded Los Angeles Kings finished an improbable four-game sweep of the St. Louis Blues with a 3-1 victory Sunday, advancing to the conference finals for just the second time in club history.

Rookie Jordan Nolan scored an early goal for the Kings, the first No. 8 seed in NHL history to eliminate their conference's top two seeds in the same postseason.

After steamrolling top-seeded Vancouver and second-seeded St. Louis with eight wins in nine games, the Kings will face the winner of Phoenix's series with Nashville.

Los Angeles won despite its weakest effort of the post-season, clinging to a 2-1 first-period lead through 40 minutes. The Kings didn't adapt well to an early start time, yet Quick made a handful of stellar saves before Brown scored his sixth of the playoffs into an empty net with 25.8 seconds left.

"It's a special group, and we knew that all along this season," said Anze Kopitar, who had assists on both of Brown's goals and tackled the Los Angeles captain after his empty-netter.

"Maybe we didn't break out when we would have liked to, but I think we've peaked at the right time, and that's the most important thing."

The Kings made their only previous trip to the conference finals in 1993, when Wayne Gretzky and Luc Robitaille propelled L.A. past Toronto and into their only Stanley Cup final, where they lost to Montreal. The Kings won just one playoff series in the ensuing 17 seasons before routing the Presidents' Trophy-winning Canucks in five first-round games last month.
THE ASSOCIATED PRESS

Game 4

3	1
Kings	Blues

Kings netminder Jonathan Quick celebrates the Kings' sweep of the Blues on Sunday in Los Angeles. HARRY HOW/GETTY IMAGES

NBA. Anthony's 41 burn Heat in must-win Game 4

Carmelo Anthony shoots over Miami's Shane Battier on Sunday in New York. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Amare Stoudemire raised his hands in the air, one covered in padding, as streamers fell from the ceiling above him.

Finally, New York could celebrate an NBA playoff win again.

Carmelo Anthony scored 41 points, Stoudemire had 20 points and 10 rebounds in his return from a cut hand, and the Knicks snapped an NBA-record, 13-game post-season losing streak by beating the Miami Heat 89-87 Sunday in Game 4 of their first-round series.

"I think it's the first of many," said Stoudemire, his left arm back in a sling to keep his hand elevated. "Tonight was a great win for us, for our fans to finally get over that hump of those consecutive games that we lost, I guess the Knicks, lost over those years in the playoffs."

Anthony made a tiebreaking three-pointer with 54.5 seconds left as the Knicks overcame another injury to win a playoff game for the first time since beating Toronto on April 29, 2001. Baron Davis dislocated his right kneecap in the third quarter, just as the Knicks were making the run that got them back into the game.

"I'm just glad that we came together after that, kept our composure, kept on fighting," Anthony said.

LeBron James scored 27 for the Heat, who will try to close it out in Game 5 at home on Wednesday. Dwyane Wade had 22, but missed a 3-pointer on the last possession that would have given Miami a lengthy rest before starting the second round.
THE ASSOCIATED PRESS

Game 4

89	87
Knicks	Heat

Sports in pictures

1 Golf. Fowler fares well at Quail Hollow

Rickie Fowler, billed as one of the rising American stars, delivered a clutch shot on the 18th hole in a playoff for a four-foot birdie to beat U.S. Open champion Rory McIlroy and D.A. Points on Sunday in the Wells Fargo Championship.
THE ASSOCIATED PRESS

2 MLB. Darvish suffers first defeat in Ohio

Ubaldo Jimenez pitched seven scoreless innings and the Cleveland Indians handed Yu Darvish his first major-league loss in a 4-2 victory over the Texas Rangers on Sunday.
THE ASSOCIATED PRESS

3 NHL. Coyotes' Klesla banned for Game 5

Phoenix Coyotes defenceman Rostislav Klesla was suspended for one game by the NHL on Sunday for boarding Nashville Predators forward Matt Halischuk on Friday night.
THE ASSOCIATED PRESS

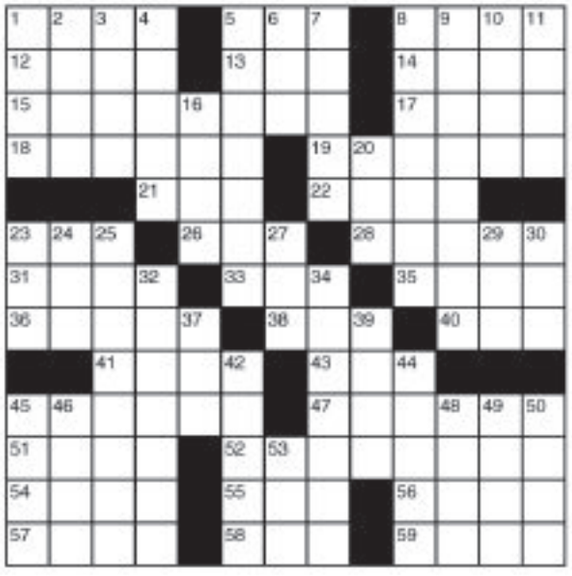
Crossword

Across

1 One of the Three Bears
5 Humor
8 Ardor
12 Oscar-night clashers
13 Expert
14 "That hurts!"
15 Great elation
17 Soft cheese
18 Usher elsewhere
19 Soloist's elegy
21 To the — degree
22 Trade
23 Rushmore face
26 Scale member
28 Feudal figure
31 Praise to the heavens
33 "Golly!"
35 Ms. Turner
36 Went wan
38 Mischievous tyke
40 Enthusiast
41 Newspaper page
43 "Wham!"
45 "Scat!"
47 Canine coating
51 Cow-headed goddess
52 Mrs. Orpheus
54 "The Producers" chorus member
55 In favor of
56 Messes up
57 Air from a pair
58 Round Table address
59 — ex machina

Down

1 Juror, in theory
2 Chills and fever
3 Band in Boston
4 Hardly ruddy
5 Tusked African beast
6 Here (Fr.)
7 Lions and Tigers and Bears
8 Sole stud
9 Portuguese, e.g.
10 Low-pH
11 Yon folks
16 Feedbag fill
20 He gives a hoot
23 Jungfrau, for one
24 Sheepish remark
25 Extol
27 Mainlander's memento
29 Wildebeest
30 Cause corrosion
32 Passbook plus
34 Napoleon or Nero
37 Lair
39 Small horse
42 Ocean nadirs
44 Tested the waters
45 Tie
46 Jacob's twin
48 Muck
49 Beige
50 Not so much
53 Spoon-bender Geller

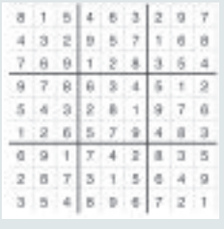


Sudoku

3	9						1	4
		7	6			3		
1			5		4			
4				8		9	7	
				2				
	5	3		9				6
			1		7			3
		1			2	6		
7	6						8	2

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

BEWN PXRO FUOEN PXFLCXKT PURO BEUQL JLFXKLQURO WVWJNFLRN BWQQP?

"OXXKCTL, XQK VWURN."

Yesterday's Cryptoquip: WHEN TWO BIG BOVINES PUT ON GLOVES AND START SPARRING, WOULD PEOPLE SAY THEY'RE BOXIN' OXEN?

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You are closer to completing some kind of creative endeavor than you realize, so don't give up on it now.

Taurus | April 21 - May 21. With Mars, planet of energy and ambition, transiting one of the best areas of your solar chart success of some sort is guaranteed.

Gemini | May 22 - June 20. This is no time to be cautious, especially when dealing with work and career issues.

Cancer | June 21 - July 22. If you expect others to play by the book then you must play by the book as well.

Leo | July 23 - Aug. 22. Be a little more daring over the next few days. Take the kind of risks that other people say you should not.

Virgo | Aug. 23 - Sept. 22. Yes, of course, there are lessons to be learned from going over old mistakes, but don't beat yourself up about them.

Libra | Sept. 23 - Oct. 22. If you have confidence in your abilities and are willing to take a few risks you will do something extraordinary this coming week.

Scorpio | Oct. 23 - Nov. 21. Be bold, be brave and, above all, believe in yourself.

Sagittarius | Nov. 22 - Dec. 21. You can either meet a challenge head-on or you can hide yourself away until it has gone.

Capricorn | Dec. 22 - Jan 20. You have set your sights high and won't rest until you have got your hands on the prize.

Aquarius | Jan. 21 - Feb 18. Keep certain thoughts to yourself today, because colleagues are unlikely to be happy if you are critical of them.

Pisces | Feb. 19 - March 20. You will face a certain amount of criticism today but don't let that stop you from doing what you know to be right. Other people's comments are based not on facts but on envy — and with good reason.

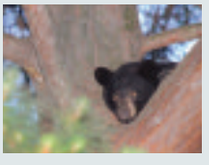
SALLY BROMPTON

Caption Contest

"Still got that monkey on your back?"
Jeffrey

MARTIN MEISSNER/THE ASSOCIATED PRESS

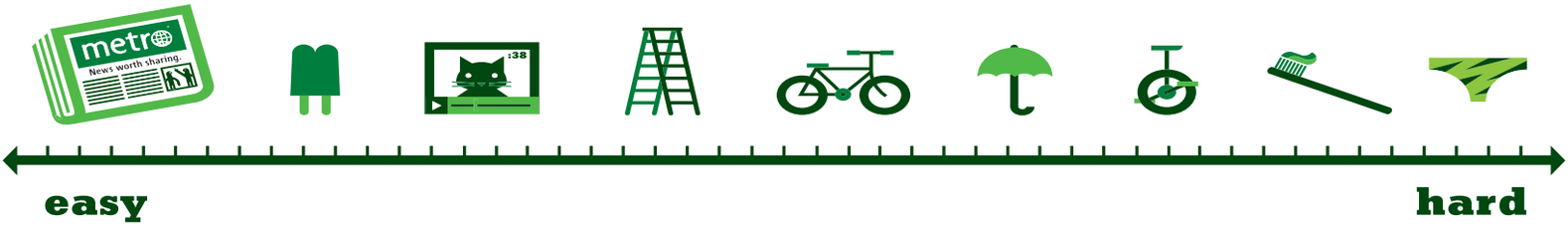
Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability



HYUNDAI | NEW THINKING. NEW POSSIBILITIES.

DOUBLE SAVINGS EVENT

EXTENDED TO MAY

RIGHT NOW GET **0%** FINANCING FOR UP TO **96** MONTHS

and SAVE UP TO 40¢/L UNTIL 2013

ON SELECTED MODELS[Ω]

GLS model shown

2012 ACCENT

2012 AJAC BEST NEW SMALL CAR (UNDER $21K)

AJAC's Best new small car under $21K

OWN IT $86[†] BI-WEEKLY PAYMENT | WITH 0.9% FINANCING FOR 84 MONTHS | SAVE 20¢/L UNTIL 2013[Ω] | AND $0 DOWN PAYMENT

SELLING PRICE: $15,094[♦]
ACCENT 5DR L 6-SPEED. DELIVERY & DESTINATION INCLUDED.

HIGHWAY 4.9L/100 KM 58 MPG[▼]

GLS model shown

OWN IT $95[†] BI-WEEKLY PAYMENT | WITH 0% FINANCING FOR 96 MONTHS | SAVE 20¢/L UNTIL 2013[Ω] | AND $0 DOWN PAYMENT

SELLING PRICE: $19,694[♦]
ELANTRA TOURING GL 5-SPEED. DELIVERY & DESTINATION INCLUDED.

HIGHWAY 6.4L/100 KM 44 MPG[▼]

2012 ELANTRA TOURING GL

INCLUDES: • Air Conditioning with Glove Box Cooler • Heated Front Seats & Mirrors • 6 Airbags w/ Front Active Head Restraints • Cruise Control • Remote Keyless Entry • Power Windows, Doors, Locks & Mirrors

BONUS 7 YEAR WARRANTY 120,000 KM COMPREHENSIVE LIMITED WARRANTY[▼]

OWN IT $134[†] BI-WEEKLY PAYMENT | WITH 0% FINANCING FOR 84 MONTHS | SAVE 20¢/L UNTIL 2013[Ω] | AND $0 DOWN PAYMENT

SELLING PRICE: $24,264[♦]
SONATA GL 6-SPEED. DELIVERY & DESTINATION INCLUDED.

HIGHWAY 5.7L/100 KM 50 MPG[▼]

Limited model shown

2012 SONATA

Most fuel-efficient full-size car[▲]

OWN IT $124[†] BI-WEEKLY PAYMENT | WITH 0.9% FINANCING FOR 84 MONTHS | SAVE 25¢/L UNTIL 2013[Ω] | AND $0 DOWN PAYMENT

SELLING PRICE: $21,759[♦]
TUCSON L 5-SPEED. DELIVERY & DESTINATION INCLUDED.

HIGHWAY 7.4L/100 KM 38 MPG[▼]

Limited model shown

2012 TUCSON

Stylish cross-over utility vehicle

2012 SANTA FE

Powerful & efficient – the true definition of a cross-over

INCLUDES $5,764 FACTORY TO DEALER CREDIT[‡]

HIGHWAY 7.7L/100 KM 37 MPG[▼]

WAS ~~$25,759~~ NOW $19,995[♦] and SAVE 40¢/L UNTIL 2013[Ω]

SANTA FE GL 2.4L 6-SPEED MANUAL. DELIVERY & DESTINATION INCLUDED.

Limited model shown

5 YEAR WARRANTY 100,000 KM COMPREHENSIVE LIMITED WARRANTY[▼]

5-year/100,000 km Comprehensive Limited Warranty
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

HyundaiCanada.com

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444 Broad St.
Regina, (306) 525-8848

"The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2012 Accent 5 Dr. L 6-speed Manual/2012 Elantra Touring GL 5-Speed Manual/ 2012 Sonata GL 6-speed Manual/Tucson L 5-Speed Manual with an annual finance rate of 0.9%/0%/0%/0.9% for 84/96/84/84 months. Bi-weekly payment is $86/$95/$134/$124. No down payment is required. Cost of Borrowing is $483/$530/$570/$701. Finance offers include Delivery and Destination of $1,495/$1,495/$1,565/$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2012 Sonata GL 6-speed Manual for $24,264 at 0% per annum equals $134 bi-weekly for 84 months for a total obligation of $24,264. Cash price is $24,264. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,565. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ♦Prices for models shown: 2012 Accent 5 Dr. GLS Manual/2012 Elantra Touring GLS Manual/2012 Sonata Limited/2012 Tucson Limited AWD/2012 Santa Fe Limited 3.5 AWD is $18,694/$22,144/$31,464/$34,109/$27,559. Delivery and Destination charges of $1,495/$1,495/$1,565/$1,760/$1,760 are included. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ▼Fuel consumption for 2012 Accent L 5Dr 6-Speed HWY 4.9L/100KM. City 6.7L/100KM/2012 Elantra Touring GL 5-Speed ManualHWY 6.4L/100KM. City 8.9L/100KM/2012 Sonata GL 6-Speed HWY 5.7L/100KM. City 8.7L/100KM/2012 Tucson L 5-Speed HWY 7.4L/100KM. City 10.1L/100KM/2012 Santa Fe GL 2.4L 6-Speed Manual FWD HWY 7.7L/100KM. City 11.0L/100KM are based on Energuide. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ‡Purchase or lease a new 2012 Santa Fe GL 2.4L 6 speed manual and you will be entitled to a $5,764 factory to dealer credit. Factory to dealer credit applies before taxes. Offer cannot be combined or used in conjunction with any other available credits. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ΩPurchase or lease a 2012 Accent/2012 Elantra Touring/2012 Sonata/2012 Tucson/2012 Santa Fe during the Double Savings Event and you will receive a Preferred Price Card worth $250 (2012 Accent)/$250 (2012 Elantra Touring)/$500 (2012 Sonata)/$500 (2012 Tucson)/$500 (2012 Santa Fe 2.4L)/$750 (2012 Santa Fe 3.5L) which may be redeemed towards the purchase of a new 2012 Accent/2012 Elantra Touring/2012 Sonata/2012 Tucson/2012 Santa Fe at participating dealers in Canada. Offer may be changed or withdrawn at any time without notice. See dealer for complete details. ▲Based on Natural Resource Canada's 2012 ecoEnergy award for most fuel efficient full-size car. ††2012 Elantra Touring 7 year/120,000 km warranty consists of 5 year/100,000km Comprehensive Limited Warranty and an additional 2 year/20,000km coverage under the Hyundai Protection Plan. Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions. Additional coverage is in accordance to the terms and conditions of the Hyundai Protection Plan. Please contact your local dealer for all details.